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Editor's notes...



Brett Shohet, Editor

Hello and welcome to this month's edition of **VISION** Hornchurch, which still delivers to 5,000+ homes and businesses in the local area every month.

It truly is the best time of year - a fresh start and an opportunity to plan the year ahead. It's a great time to reflect on 2017 and look at ways we can improve in 2018. **VISION** hopes to do this by working even more with our local businesses and community.

Hornchurch will have some new changes in 2018 including an opportunity of going digital, which means Wi-Fi will be available all around town.

In this month's local news, college students grill Julia Lopez MP, the former London Mayor pays the town a visit and robot surgeons conduct their first operation on a Hornchurch woman.

Please let our clients know you saw them in **VISION** when reaching out to them for their services. It's a great way to support your town and keep the £ local.

As always, please remember to share your stories for our local news pages. If you have a story to share, please send it to hornchurch@visionmag.co.uk

This is your magazine for your town.

I hope you all enjoy the January edition of **VISION** Hornchurch.

Wishing you all a very Happy New Year.

Brett



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19. INEPT, 20. MALARIA, 21. NOSTRILS, 22. FLEE,
1. DOGS, 3. GLASGOW, 9. FLEECES, 10. TUNIC, 11. RUE, 12. LEARN, 13. ERODE, 15. WANDA, 17. ALDER, 18. CHI,

DANCING ON 100

GET YOUR skates on



One of ITV's most popular shows will be returning in 2018 after a four-year break and a production shake-up. A host of celebrities will be taking to the ice partnered with some old and some new professional skaters. Ice-skating legends Jayne Torvill and Christopher Dean will also return, but this time on the judging panel alongside Jason Gardiner and new recruit Ashley Banjo. Phillip Schofield and Holly Willoughby will front the new series. The pair hosted the first six years between 2006 and 2011 together before Holly departed and was replaced for the final three series. Appearing on the show are a host of celebrities, including actresses, singers and reality TV stars.

With a fresh look and several years away from the screens, we're snow excited for the return of *Dancing on Ice*.

The Celebs

Candice is best known for winning *The Great British Bake Off* in 2016. Since then she has got engaged, become a *Sunday Times* columnist and released cookery books. She will be paired with returning professional Matt Evers.

Max is a rugby star who is best-known for winning 44 caps for Scotland. He is also the cousin of radio DJ Chris Evans. Max will be appearing with skating partner Alejandra Izquierdo.

Donna shot to fame after appearing in *Byker Grove* alongside Ant and Dec. After leaving the show she was part of a pop duo called Crush. She then turned her attention to TV presenting and fronted shows including *The Big Breakfast* and *MTV Select*. She will be paired with Mark Hanretty.

ITV viewers will be used to seeing Antony on their TV screens after his long run in *Coronation Street*. He joined the soap back in 2003 and has been a familiar face ever since. He has been partnered with newcomer Brandee Malto.

Stephanie is best known for playing Cindy Cunningham in the Channel 4 soap *Hollyoaks*. She has been paired with Sylvain Longchambon.

Perri is used to rigorous training regimes due to competing as a track athlete. She will be competing with Hamish Gaman.

Shooting to fame after his appearances on *The X Factor* and *I'm A Celebrity*, Jake will now take to the ice alongside Vanessa Bauer.

The outlook is cold and icy for TV presenter Alex. He will take to the ice with partner Brianne Delcourt – who has been a finalist three times and won in 2011.

Singer Lemar will take the place of Monty Panesar, who had to withdraw from the competition after sustaining an injury in training. Lemar will be skating with partner Melody Le Moal.

Actress Brooke Vincent has played the role of Sophie Webster in *Coronation Street* since May 2004. Admitting she has been battered and bruised in training, Brooke will appear in the show alongside partner Matej Silecky.

Cheryl is used to competing and won the Eurovision Song Contest with Bucks Fizz in 1981. She will be skating with professional Dan Whiston, who has won the show three times.

Self-confessed *Dancing On Ice* lover Kem will be appearing on the show after shooting to fame winning ITV2's *Love Island*. He has been coupled with Alex Murphy.



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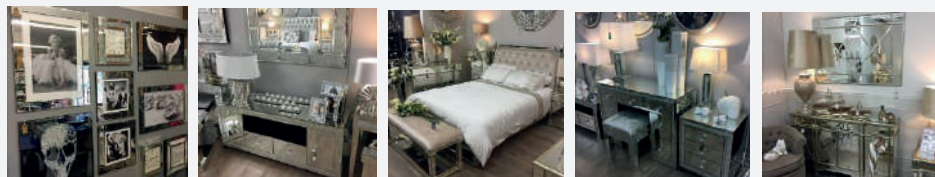
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FASHION

Rent-a-Rail

If you're the kind of gal (or guy) who never has anything to wear on a Saturday night (despite having an absolutely heaving wardrobe) then the future of fashion retail is looking very bright for you, as brands seriously consider renting over buying as a viable business model. Much like Netflix for clothes, the sartorial shopper could walk into their favourite high street store and rent the hottest handbag, dress or pair of party heels right off the rail – all for a flat, monthly subscription fee.

Sound too good to be true? Well, a similar system already exists Stateside and is proving to be a big hit. Online company Rent the Runway, based in New York, offers unlimited rental (albeit four pieces at a time) from thousands of highly-coveted items – brands include See by Chloé, Kate Spade and Diane von Furstenberg – for \$159 a month, which includes delivery, insurance and dry cleaning.

You may wonder why someone would want to drop around £4 a day on clothes they

don't even get to keep. Well, this is arguably a service aimed at the fashionista: someone who has disposable income, is expected to dress well for work or has an active social life, and has a penchant for designer brands. A quick perusal of the Rent the Runway website suggests many of the items on offer retail at far more than the monthly fee.

Another argument in favour of renting over buying is that it is better for the environment as so much so-called 'fast fashion' ends up in landfill sites. There is also the convenience of having what is essentially a never-ending revolving wardrobe without the need to find space for it. So, if you've ever found yourself lusting after Alicia Silverstone's virtual wardrobe in Nineties cult classic *Clueless*, the reality may be here sooner than you think.

But if you can't afford the Rent the Runway price tag, we may have the solution for you. Celebrities and models are also helping to make wearing designer more affordable for the everyday individual. A sustainable fashion initiative has been devised where celebs make their pre-loved clothes available to 'shwop' online.

The 'Shwop Shop' was launched by Oxfam and M&S and has gone from strength to strength. The public can now own big brands at a bargain price thanks to celebs such as Melvin Odoom, Millie Mackintosh and Tulisa. Since 2008, the Shwopping partnership has collected over 20 million items worth an estimated £16million for Oxfam's work.

No matter the price tag, the fashion world is transforming to make designer affordable for everyone.





SCREEN ICONS

FIVE HOT WINTER TRENDS AND THE FABULOUS FILM STARS WHO INSPIRED THEM

TREND: Dazzle

Set your party dress to 'sparkle' this winter as fashion goes full-on glitz with chainmail minis, crystal mesh and everything sequins. But despite its shimmering façade, there is a minimalist touch to this trend, making it effortlessly modern.

ICON: Daryl Hannah in *Blade Runner*

The original futuristic babe, no one can pull off a sparkling mini quite like Ms Hannah, but that doesn't mean you shouldn't try.

TREND: Silk shirts

An improbable trend, silk shirts have a reputation for erring on the side of garish, but not the tailored, stylish delights that graced the catwalks this season.

ICON: Al Pacino in *Scarface*

Glamorous, bold and outrageously bling, Miami in the Eighties was a lavish playground, and you better believe that the boss of it all, Tony Montana, wasn't going to let the side down.

TREND: Seventies

If you've got any tweed, corduroy or brown suede languishing in the back of your wardrobe, pull it out because that Seventies look is bang on trend.

ICON: Ryan O'Neal and Ali MacGraw in *Love Story*

Get your fashion love story on and try a little Seventies synchronicity with your sweetheart. Casual, cool and rocking every shade of brown, O'Neal and MacGraw were the original college hipsters.

TREND: Female tailoring

Suits are back, but not in the exaggerated shoulder pads of the Eighties kind of way. Instead, think loose silhouettes, slimline blazers and elegantly pressed slacks.

ICON: Faye Dunaway in *Bonnie and Clyde*

In this 1967 classic, Dunaway plays infamous real-life gangster Bonnie Parker. Possibly the most stylish bank robber ever, the American starlet rocks some serious tailoring, fabulous blouses and a chic beret, all the while toting a shotgun. Girl power.



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PAIN REACTION

The scary reality of hair dye allergies and how you can prevent one happening to you

If you've ever sauntered into a salon expecting to get your hair dyed, only to leave a few minutes later with a blotch of the dye behind your ear and an untouched mane, don't be frustrated. The fact is, your stylist could be saving your life. Salons are obliged to perform skin patch tests, where a small dab of dye is applied to the skin for 48 hours to test for any allergies, as in the event of a client having a reaction they will not only be culpable, but it could in extreme cases prove fatal.

Most hair dye reactions are caused by one particular chemical: para-phenylenediamine (PPD). While PPD is present in 99 per cent of all hair dyes, it is thought that around five per cent of the population are allergic to it, with symptoms including scalp burning, eye swelling, face blistering and, in rare cases, anaphylaxis, where your immune system feels under attack, releasing a flood of chemicals which can cause you to go into shock – a reaction which can lead to death.

Though such an extreme reaction is unlikely, it is somewhat worrying how blasé we have become about applying such substances to our bodies. After all, how many times have you purchased a home hair dye kit from a chemist and forgone the recommended skin test? Furthermore, how many school children are having their hair coloured despite the fact that hair dye manufacturers say they are not intended for anyone under the age of 16?

The good news is that having an allergy to PPD doesn't mean you can never dye your hair again, as manufacturers strive to create more colourings that don't contain the compound – meaning you can be the most natural version of your unnatural self.

The perfect compromise.



FOOTBALL

FOLLICLE FOLKLORE

What works and what doesn't in the crazy world of footballer hairstyles.

Long before tattoos became the required norm for any professional pulling on a pair of boots, sportsmen of the football persuasion used to identify themselves mainly in the form of devilish hairstyles, designed to fox and bamboozle even the most focused of opponents.

While the Bobby Charlton comber, Kevin Keegan mop and Carlos Valderrama mullet all have their rightful place in football follicle folklore, in recent times the Brylcreem brigade have stepped it up another notch.

Many say David Beckham started the modern trend of hip hairstyles – going from fluffy blond bombshell to shaved head was bold enough, but when a heavily lacquered mohawk appeared in the year 2000, it sent every terrace lad rushing to the barber shop. He's gone on to adopt every other possible haircut going, from tramlines to a spiky electric shock number, a topknot to an Alice band, badly drawn braids to a hypnotic hipster flick. Cometh the hour, cometh the next stellar hairstyle.

But not everyone can sculpt it like Becks. Here are some notable other footballers who have never signed up to the notion of a simple trim:

⚽ **Radja Nainggolan** (Roma and Belgium) – Radja is part of Belgium's golden generation... with the ball, not with a pair of clippers

⚽ **Abel Xavier** (ex-Liverpool and Portugal) – Braids, tramlines, bouffant, he did the lot... badly

⚽ **Djibril Cisse** (ex-Liverpool and France) – Cisse arrived at Liverpool soon after Xavier left, and provided a fitting replacement for hair hari-kari

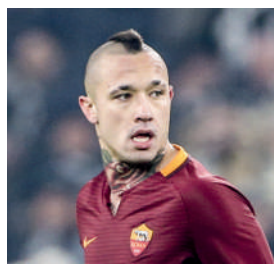
⚽ **Ronaldo** (ex-Inter and Brazil) – Ronaldo sported this horrific fringe for the 2002 World Cup final. The outcome? He scored and they lifted the trophy

⚽ **Jason Lee** (ex-Notts Forest) – Lee admitted the terrace song about a "pineapple on his head" ruined his confidence, so he shaved it off

⚽ **Gervinho** (ex-Arsenal and Ivory Coast) – Gervinho took receding hairline denial to levels even Sven Goran Eriksson couldn't manage.

And just to prove even the best can have a bad hair day:

⚽ **Neymar** (PSG and Brazil) – he's calmed down of late, but this early barnet is clearly three haircuts in one.



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NEW YEAR New You

12 WAYS TO KICK START 2018

DETOX

Even just a one-day juice fast will give your digestive system a rest after the period of indulgence.

SUPPLEMENT

Having attended so many parties and events, the least you can do is boost your immune system with a good-quality all-round multivitamin.

GET A GOOD NIGHT'S SLEEP

Rest is vital, so try to balance those late nights with a couple of early ones.

MEDITATE

Staying sane as the new year begins is a challenge in itself, so give your brain a break with meditation. Even 10 minutes a day is said to have a positive effect on wellbeing.

GO OUTSIDE

The urge to bed-in with endless box sets and bottomless tubs of Celebrations can be overwhelming, but will ultimately leave you feeling sluggish and blue. So, go for a walk, breathe in the air and let the natural world enchant you.

DO YOGA

If you don't have time for a full workout, try to fit in 20 minutes of yoga. The deep breathing will calm

you and the stretching will counteract all the hunching from present-wrapping.

MAKE A SMOOTHIE

Start the day with a delicious smoothie packed with berries, seeds, bananas and almond milk.

EAT NUTS

They're packed with nutrients (Brazil nuts in particular) and keep sugar cravings at bay.

PUT DOWN YOUR PHONE

What better time to have a mini digital detox than in 2018? Make it your new year's resolution.

PILE ON THE VEG

Christmas dinner leftovers are actually good for you – turkey is a superfood after all. Just make sure you eat all those sprouts.

HYDRATE

If you do only one good thing for your body this new year, drink lots of water.

BE THANKFUL

Christmas can be completely manic, so now it's over, take some time to be truly grateful to be with the ones you love.





VIT-A-MONTH

Your month-by-month guide to what vitamins to take every month of this year

January

Without vitamin D, the body can't absorb calcium or stimulate certain immune responses that protect us from colds and infections, so make sure to get a daily dose.

February

Beat those winter blues, help creaky cold bones and boost your brain with Omega 3.

March

Spring into spring with an iron supplement which will boost your energy levels by ensuring all your organs and cells are getting plenty of oxygen.

April

Along with producing collagen and helping to repair tissue, vitamin C is an antihistamine, perfect for those who suffer from hay fever.

May

If you want to get in shape for summer, take some vitamin K which helps carry calcium through the body to strengthen bones and prevent fractures.

June

Give your skin a boost with vitamin E. This antioxidant infuses the epidermis with moisture and soothes itchy, flaky skin while guarding hair and nails against free radical damage.

July

Wear that swimsuit with confidence by taking a digestive enzyme to beat belly bloat.

August

All that sunshine takes a toll on your skin, so help it heal with folic acid.

September

Get your body and brain in gear with a dose of magnesium, which helps fight depression and boost exercise performance.

October

Calcium is an essential mineral which will help support your bones over the colder months, while protecting your teeth from all those Halloween treats.

November

B Complex comprises a whole host of vitamins that get you in tip-top condition for this busy time of year. Whether giving you energy to attend all those festive soirees, reducing stress about end-of-year deadlines or balancing hormones, this is a powerhouse.

December

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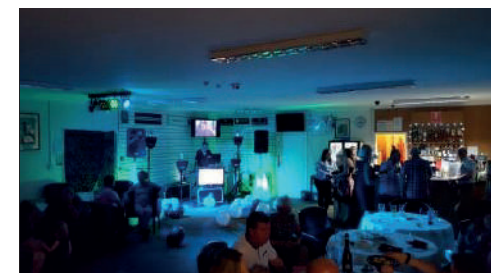
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Don't Know What You Want for 2018?

What resolutions are you carrying over from 2017 that repeatedly get pushed to one side? What excuses do you make that let you ignore your wants or the change you need to be your ultimate you?

We all know how miserable January can be. The season of abundance is over, back to work, everyone is skint or miserable. This allows us to lament over those lost wants for the New Year.

How do people conquer their goals? They plan, consistently work towards their goal, know what motivates them, take action and hold themselves accountable. Resulting in living the life they want.

Easier said than done?

TOP FIVE TIPS TO MAKE YOUR 2018 A WIN

PLAN

By planning you allow your brain more space to action. Write, draw, or mind map your wants, goals for 2018. Prioritise them and reflect daily. Separate work or life goals. Acknowledge your values, are they aligned with your current situation? Look at your interests, skills, hates... Are you using those to your advantage?

ACTION

Create your own motto/goal for six-months' time, encompassing your wants and ideal result. Break down your monthly steps that will make you reach your goal. Set five actions to reach that month's step.

REFLECT

Daily reflection of your goal(s) and the action you need to take will empower you to achieve. Keeping a record of your thoughts, achievements, steps, etc. will act as a constant reminder and shift your mindset to make sure you don't make excuses.

AWARENESS

Pay attention to your inner narrative. Part of your brain tells you to stay in your comfort zone which is why it feels easier. If you do break out, it's empowering. It's so easy to make excuses, but if you grab yourself an accountability partner, tell them what you need to do and by when, the excuses become much harder to make.

ACCOMPLISH

Your motto/goal should motivate you to achieve but set yourself a reward too. Acknowledge yourself for what you have achieved along the way, it doesn't have to be tangible, it may be that you are feeling more confident, you are eating more healthily... the list is endless.

BEFORE YOU KNOW IT, YOU'VE BECOME YOUR BEST SELF

Counteract the dullness of January, get fired up for 2018 and take action to fulfil your potential and carve out your ultimate you. Bulldoze through that list of wants, needs, changes...

Author, Kim Cutler, Storm McQueen Coaching.

WINTER WARMERS



Hopefully the autumn harvest has given you an abundance of vegetables in all manner of golds, greens and purples, just perfect for the kind of nourishing suppers we crave as the cold nights draw in.

Beetroot...A nutritious powerhouse, the humble beet boasts exceptional nutritional value, both in the root and the leaves (which can be cooked the same way as spinach). Try juicing raw beetroot with apple and carrot for a blast of cold-preventing vitamins, or wrap in foil and roast to serve alongside the Sunday roast. Excess beets can also be home-pickled – much nicer than store-bought.



Leek...Leek and potato soup is an obvious home for this winter beast. But leeks, with their delicate sweetness, work surprisingly well when braised in a cheese sauce, baked in a gratin or encased in pastry alongside leftover roast chicken.



Sweet Potato...Some may be surprised to know that the sweet potato is actually not related to the potato. It is a root vegetable but is different in taste and texture. Sweet potatoes are extremely versatile and can be baked, mashed or fried for a sweet and nutritious accompaniment. It also counts as one of your five-a-day and is a good source of four essential nutrients.



Parsnip...Roast parsnips make a delightful winter side dish when roasted and caramelised with maple syrup. They can also be mashed or made into a satisfying soup with nutmeg and a swirl of apple sauce. Autumn in a bowl.

Cabbage...Thanks to the 'cabbage soup diet' fad, this wonderfully versatile veg has a bad rep for being bland, soggy and, well, gassy... but served properly, cabbage can be a joy. Cabbage mashed with potatoes becomes colcannon, and served with a poached egg makes a hearty, cold-morning breakfast. You can eat it raw when shredded in a winter coleslaw alongside apples and pecans, and the truly brave can ferment their own kimchi, which is very good for the gut and can help keep viruses at bay.





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FOOD & DRINK

From botanical flavours to 'bleeding' veggie burgers, here's a look at what we might be eating in 2018.

Plant-based everything – Vegan food has been gaining in popularity for a while now, but things are about to go one step further as veggie burgers 'bleed' beetroot juice and expertly-sliced tomatoes mimic tuna in sushi. Also, much like nose-to-tail eating, we will be using every part of the veg with stems being used in salads, while melon rinds are pickled to be eaten. Vegan desserts are expected to get a makeover too, becoming creamier and even more indistinguishable from the real thing.

Japanese dude food – Much like 'dirty burgers' became the hot thing in American cuisine, miso and sashimi are no longer the cool kids in Asian dining, as Japan's heartier, more calorific fare like yakitori skewered chicken or deep-fried tofu in broth – dishes often served in the country's late-night izakaya bars – become de rigueur.

Botanical delights – Food is going floral as restaurants and producers alike take inspiration from the garden. Think rose-flavoured lemonade, lavender-infused chocolate and everything elderflower.

Indian street food – A natural evolution from the food van trend that has populated markets and urban spaces these last few years, Indian street food is set to make its way into our supermarkets and, by proxy, our homes. So ditch that boring old korma and get your chops around scallops in pickled ginger, or a fat Puri stuffed with veg and drizzled in chutney.

Super powders – It's well-known that the goal of every vegan diet is getting enough protein, which is why plant-based protein powders are becoming ubiquitous. The humble latte is also getting a healthy revamp as turmeric, masala chai, matcha and cacao find their way into more hot beverages.



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EVERY CHALLENGER MAKING EVERY DAY COUNT

NO PARK?

No Problem

With the dark nights drawing in it can be tempting to stay indoors. But when the sun is shining, it's important to bundle up the kids and have some fun with winter activities outside. As English weather is often unpredictable, it's also worth planning for a rainy day. Here are some excellent ideas for winter outdoor and indoor fun.

FOR A RAINY DAY

Board games

Anyone over the age of 40 will have grown up regarding board games as the first 'go to' option when the weather turns; but over the past few decades computers and tablets have stolen something of that market away and left the likes of Monopoly, Operation and Kerplunk for the festive market. But trends are changing - industry research last year showed that millennials are driving a board games revival... and at the heart of that is the kids market, with more new board games and puzzles launched in 2016 than the previous two years put together.

Scavenger hunt

A twig, a 20p coin, a sweet wrapper, a conker, a roll of Sellotape... Whoever thought a scavenger hunt around the house could be so much fun? Yet for kids burrowing into nooks and crannies in pursuit of completing their hitlist, this is a simple, cost-free and hugely rewarding challenge for siblings and mates alike.

GO OUTDOORS

Geocaching

Geocaching has become hugely popular over the past few years. It is an outdoor treasure-hunting game where participants use a GPS system to hide and seek containers anywhere in the world. This is a great free activity for the whole family and will have you exploring for hours. All you need is the Geocaching app and you're ready to get hunting.

Mud painting

This may be a parent's worst nightmare, but mud painting allows children to learn, play and use their imagination. It may be a messy activity, but it will keep kids entertained for hours and allow their imaginations to run wild.

You can also use the mud to create mud pie.



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There's Knowles Business Like Show Business



Nick Knowles is best known as the undisputed don of daytime DIY, but beneath all that dust and debris lies a man with a tempestuous love life – and a very real interest in ditching the hammer for the harmonica...

For years now, Nick Knowles has been known as the man to turn to when fraying carpets and faulty sockets are turning your domestic dream into a nightmare. But when the *DIY SOS* front man isn't renovating people's abodes – and lives – for the better, he's shown himself to be a man of many talents.

Little was known about Knowles off-screen before saucy details emerged of a somewhat stormy personal life. After divorcing second wife Jessica Moor in 2015, the 55-year-old was the subject of various tabloid interest. A brief reunion with Moor while she successfully battled cervical cancer proved not to last, and since then Knowles has been romantically linked with a succession of reality TV individuals, the most recent being *The Only Way Is Essex*'s Pascal Craymer.

Now, the DIY superstar and former presenter of game show *Who Dares Wins* has added yet another string to his entertainment bow in the form of a debut album, *Every Kind of People*. Having played the guitar for over 40 years, Knowles has struck a deal with Universal to cover a few of his favourite songs – and even took to Lorraine Kelly's breakfast programme to show off his husky vocals and care-free strumming style.

"I'm the kind of person who gets home from work and picks up the guitar and strums a lot," he told *The Sun* last month. "It's always been part of my life and a friend of mine said to me one day, 'Why don't you do an album?' It's been really exciting."

Perhaps a reworking of the *DIY SOS* theme tune is on the cards next? Then again, perhaps not.

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WILD WOOD

If you've embarked on a home improvement project lately, you might find yourself with odd bits of wood that you don't know what to do with. But don't throw them in the fire right away, as you can make beautiful and eclectic items for your home, easier than you may think.

For the absolute beginner, craft a set of coasters. Simply take your timber and saw it into even squares, which you can then sand – ensuring an even surface – and then varnish. Slightly more ambitious is a chopping board, which can be achieved with three pieces of uniform hardwood (must be thoroughly sanded and not warped). Remove excess glue with a chisel before applying several coats of a food-safe finish like mineral oil, walnut oil or beeswax, allowing the oil to fully absorb into the wood – this oil will need to be re-applied regularly.

Your carpentry projects needn't be limited to old floorboards and scraps, and if you're lucky to find yourself in possession of a large piece of driftwood, you can create a spectacular candle holder. The wood will need to be treated to prevent rot and decay, so thoroughly scrub and soak your timber in soapy water before immersing in a diluted bleach solution. Now you can begin sanding and carving out the holes for your tea lights, before finishing with several coats of a good wood preservative like furniture oil or liquid wax.

Once you've mastered the basics of repurposing wood, the only limit is your imagination. You can be ambitious and craft bigger items like coffee tables or chairs, make your own wall art, or spruce up old furniture by using your scraps for cabinet refacing. It's even possible to make a lampshade by gluing slivers of wood shavings together. Basically, when it comes to wood, you can always turn it into something good.



HOME & DIY



What's the CRACK?

Cracks in your home's walls can really take the shine off your living space, but an amateur attempt to salvage the situation could make the problem worse. Here's the lowdown on how to cover up cracks in walls without doing any more damage to your precious plaster.

Before starting the process, make sure to put down plastic sheeting to avoid excess mess that will have to be cleared up later.

SCORE THE CRACK

Use a putty knife or a dull utility knife to score along the hairline crack to open its edges. This may seem counter-intuitive, but you need to increase the area for the repair compound to stick to.

SPREAD JOINT COMPOUND

With a wide taping knife, smooth a thin layer of joint compound over the cracked section.

TAPING

Press paper tape into the wet area along the length of the crack. You can use ordinary drywall tape and do not need to purchase any special plaster repair tape.



CURING AND FEATHERING

Let the entire thing dry fully. Gently feather joint compound over the taped area so the compound extends two or three inches past the taped area.

SECOND CURING

Let the joint compound dry. Lightly sand it down with fine sandpaper to get rid of any bumps or ridges. Do not sand so hard that you dig into the tape.

SECOND FEATHERING

Feather a second layer of joint compound, this time extending the edges even further out to about six to eight inches. Let the whole thing dry before once again sanding down.

FINISHING UP

Finally, your third coat of joint compound takes the edges out to 12 inches. When you are sanding this third and final coat, be aware this is your last opportunity to make things as perfect as they should be, so take your time and be careful to make it completely smooth.

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CAST IRON IDEA

Is it worth investing in cast iron cookware?

They're expensive, heavy and prone to rust, and yet there are many chefs out there who swear by cast iron cookware. Why? It's tough as nails, to start with. As cast iron skillets don't have plastic or wooden handles, you can sear meat on the hob then happily throw the entire pan in the oven to finish. And while it isn't the greatest heat conductor – you need to warm up your pan for at least five minutes on the burner – it can withstand much higher temperatures, giving your steaks a mouth-watering crust while keeping the meat inside juicy and tender.

They also last for years, and even the rustiest skillet makes a hot find at a car boot sale as it can be scrubbed, re-seasoned and restored to its former glory. However, this need to season one's skillet – a process by which a layer of animal fat or vegetable oil is applied and cooked onto the cookware to make it stick-resistant – is a bone of

contention for some, particularly the time-starved; why not just buy a Teflon frying pan?

One argument is that this will cost you more over time as Teflon coating wears off, and the pans aren't as hardy. And the reason non-stick pans work so well is because they're coated with compounds known as fluoropolymers. When the pans start to chemically decompose at elevated temperatures, they're more likely to leach into your food and the air.

Having been around since the Han Dynasty in China (206 BC – 220 AD), cast iron has earned its reputation. It also looks great and is one of the few kitchen utensils you may one day pass down to your kids. It all comes down to preference. Though if you like your steak chargrilled on the outside and pink in the middle, cast iron may just be the pan of your dreams.

LIGHTBULB *moment*

HOW TO UNDERSTAND THE COMPLEX WORLD OF THE ECO-LIGHTBULB

Buying a bulb used to be a straightforward affair. First, one would figure out if they required a bayonet or screw-in fitting, then settle on a wattage – from 40w for a cosy glow, to 100w for those who prefer more of an interrogation room ambience. But as energy efficient lightbulbs have become not just ubiquitous, but a legal requirement over the past few years, it's easy to find yourself in the dark.

Firstly, let's look at what was wrong with the old incandescent lightbulb, which despite its lovely golden glow, was woefully lacking economically, losing 90 per cent of its energy through heat leakage. Comparatively, eco-lightbulbs last much longer, provide better value for money and can generate the same amount of light as the old bulbs while using at least 45 per cent less energy... which is why it was a no-brainer

when EU legislation began phasing out the traditional variety at the start of the decade.

Currently there are two main types of energy efficient light bulbs available in the UK. Compact Fluorescent Lamps (CFLs) and Light Emitting Diodes (LEDs). But while these thrifty little beauties save you money – the Energy Saving Trust maintains that by replacing all bulbs in your home with LED alternatives, you could save around £35 a year on your electricity bills – it's hard to create that same gorgeous radiance, particularly as the new bulbs are measured in lumens (brightness) and Kelvins (colour temperature), and the watts equivalent varies from bulb to bulb.

Here's a rough guide: to create around a 60w brightness, you need around 700 lumens, and for a similar warmth, between 2,700 to 3,000 Kelvins (a candle is around 1,500K, colder daylight is around 5,000K). LEDs generally cost more than CFLs, but they are more efficient, last far longer and offer a better quality of light. Eureka.

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Thanks to a roast chicken dinner and a sparkling ring HARRY & MEGHAN GET ENGAGED



Sometime this month, Prince Harry will fly to California with his wife-to-be, Meghan Markle, for a very important meeting – to meet her dad, the reclusive Thomas Markle.

Although he has spoken to him on the phone, during which he asked for Meghan's hand, Harry has not yet met his prospective father-in-law.

It is likely the meeting will be somewhere in Los Angeles where Mr Markle's ex-wife and Meghan's mother Doria Ragland lives. Mr Markle, who now lives in Mexico, has already said he is looking forward to giving Meghan away at her wedding in May in St George's Chapel, Windsor Castle.

Harry has met Doria and they get on well together and he asked her the same question – “Can I marry your daughter with your blessing?”

The answer was an unconditional yes. The scene was set for the engagement in September last year when Harry and Meghan were photographed holding hands at the Invictus Games in Canada which was their first public outing.

Within a few short weeks, Harry, 33, and Meghan, 36, became officially engaged.

We learned that Harry had designed her engagement ring himself from a diamond from Botswana, where the couple shared an intimate holiday. It also incorporates diamonds belonging to his mum, Princess Diana.

Meghan also described the proposal at Nottingham Cottage on the grounds of Kensington Palace: “We were roasting chicken. It was just an amazing surprise. It was so sweet and natural and very romantic.”

That the proposal dinner was roast chicken sent the internet into a frenzy, particularly in America where engagement chicken is apparently a thing.

The actress admitted she “barely” let her husband-to-be finish proposing before she said:

“Can I say yes now?”

Harry added: “She didn’t even let me finish, she said can I say yes, can I say yes and then there were hugs and I had the ring in my finger and I was like ‘can I – can I give you the ring’? She goes ‘oh yes, the ring’.”

Their love affair started with a blind date and they really fell for each other under the stars in Botswana.

The couple disclosed how the Royal Family helped their relationship blossom, with the “incredible” Queen and “fantastically supportive” Duchess of Cambridge helping the American actress settle in.

All this is vastly different for the girl from Los Angeles who, like Harry, comes from a broken home and succeeded in her ambition to become an actress culminating in her starring role in the US legal drama *Suits*.

Her father is white and her mother African American, and her biracial background was reflected in *Suits*. She is also a divorcee, whose marriage to Hollywood produced Trevor Engelson collapsed after two years.

Harry said his mother would have been part of their “crazy journey” and would be as “thick as thieves” with Meghan.

They also shared their hopes for the coming years, from having a family in the near future to setting off around the Commonwealth to carve out their joint future as working royals.

“The fact that I fell in love with Meghan so incredibly quickly was confirmation to me that all the stars have aligned and everything was just perfect,” said Prince Harry.

“This beautiful woman just tripped and fell into my life. We’re a fantastic team, we know we are and over time we hope to have as much impact as possible.”





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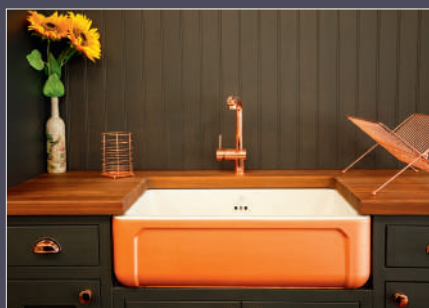
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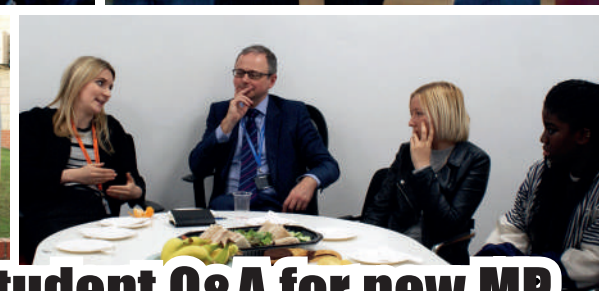


LOCAL NEWS

from your neighbourhood



LOCAL NEWS



College tour and student Q&A for new MP

Politics students grilled Julia Lopez MP for Hornchurch and Upminster on issues close to their hearts when she visited Havering Sixth Form College in Hornchurch recently.

The lunchtime meeting gave the students the chance to talk with the new local Conservative MP and also ask questions on subjects such as the youth vote, housing for young people, education, Brexit, electoral reform and engaging teenagers to take an interest in political affairs.

After the Q&A session, Julia, along with her parliamentary advisors, Joanna Thomas and Alex Stone, were taken on a tour of the college by principal Paul Wakeling.

During her visit Paul impressed upon the MP how funding cuts by the government to sixth form colleges was making it increasingly difficult to provide a first-class education for young people. He asked for her backing in the national Support Our Sixth Formers Campaign ahead of the impending budget.

Students listened intently to Julia's open answers to their questions and many said after the Q&A session that it had been useful and insightful.

In answer to a question on why the Tories lost out on the youth vote to Labour, Julia replied: "We have been debating this issue since the election. I am glad that young people have woken up and are exercising their right to vote. We are looking at where we went wrong and what we are going to do to fix it."

Asked about what she hopes to achieve as an MP, Julia said: "I want to make being a Conservative in the modern world relevant to young people. The Conservative aspiration of you work hard and do the right thing and you will get on in life is something I believe in. But you must be willing to do things you are afraid of. Life opens up and opportunities present themselves and you should take those opportunities – don't be frightened."

"I want to make Britain feel confident with what it is now, welcoming of difference, using new technology to our advantage, engaging people of all ages and from all places. Britain has a lot to offer – we need to be more optimistic and lift the gloom because there's a lot that's great about our country and the more young people I meet, such as yourselves today, the more positive I feel about that."



History students become ambassadors for Holocaust project

Two hard-working history students at Havering Sixth Form College in Wingleye Lane, Hornchurch, have been chosen as ambassadors for a project that aims to educate young people about the Holocaust and the important lessons to be learned for today.

Anna Donoghue, formerly of Hall Mead School and Becky Wingett, who went to Abbs Cross, have attended seminars, talks and taken part in a visit to the former Nazi concentration and death camp of Auschwitz in Poland as part of the Lessons from Auschwitz project, run by the Holocaust Educational Trust.

As ambassadors the students will have to use their experiences to spread to others the lessons they have learned and will get involved in Havering Sixth Form College's commemoration of Holocaust Memorial Day this month.

The girls were chosen for the project because of their outstanding homework assignments.

Anna said: "I have found the project – and particularly the visit to Auschwitz – really interesting. It has made me think deeply about the issues and

has motivated me to try to do something to make a change.

"I learned that the same things are still happening today, such as persecution in Syria, and I feel that as young people, we have the potential to change things and make a difference."

Becky added: "It was an amazing opportunity - I have always wanted to visit the concentration camps and this project has enabled me to do that. It was something I'll never forget."

The students intend to spread the message of the project to others in the college by putting up a display of photos they took to compare life during the Holocaust to the lives that many young people in the UK are privileged to lead today.

History tutor Penny Jackson said: "Both Anna and Becky are deserving winners. I am delighted that they are participating in the project, which is a great opportunity for them. Although it is challenging and can be emotional, it really brings into focus the atrocities of the Holocaust and they will be great ambassadors for the college."

Former London Mayor pays town a visit

Hornchurch had a special guest recently as Foreign Secretary Boris Johnson visited the town.

Julia Lopez MP showed Boris the investment he made in Hornchurch High Street when he was Mayor of London.

Arriving on December 1, a day before Small Business Saturday, Julia showed Boris some of the shops and businesses that give life to the town centre.

Small Business Saturday is a non-commercial

campaign which highlights small business success and encourages consumers to shop local and support small businesses in their community.

Havering Council received £217,000 through the first round of the Mayor's Outer London Fund to speed up a long-term plan of improvements to Hornchurch town centre being funded by the borough.

The Mayor's investment supported a package of improvements to streets and local businesses to boost trade.

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Council tracks down traveller fly-tip gang



Photo credit: Havering Council

Havering Council has recovered four vehicles and identified six suspects after a traveller incursion and fly-tipping in Grenfell Park, near Hornchurch, recently.

Eleven caravans entered the park, followed by five transit tippers, which began dumping rubbish.

The travellers were forced out the park, after Havering Parks Police secured the park and served notice on the gang.

Four of the vehicles suspected of fly-tipping were later found in a supermarket car park close to Grenfell Park.

One vehicle was seized and taken into custody. Another vehicle was treated as abandoned and was removed.

Evidence found among the fly-tip, which was made up of mainly building and household waste, has enabled six suspects to be identified. They were invited for an interview under caution by the council.

Nearly 30 charged in monitoring offender probe

Detectives in Newham investigating a series of offences involving the monitoring of offenders have charged 29 people, including two from Hornchurch.

The investigation, Operation Glen Falls, began with an arrest in October 2016 for an unconnected offence.

Glen Falls arrests began in January 2017 after police suspected that offender monitoring equipment was being used inappropriately.

Other arrests and formal interviews were initiated throughout the year, leading to two charges. All were charged with conspiracy to pervert the course of justice.

At the time of going to print, all 29 were due to appear at Thames Magistrates' Court on either

December 20 or December 22.

Harry Donnelly, of Hornchurch, was charged and was due to appear in court on December 20.

Thomas Capper, of Hornchurch, was charged and was due to appear in court on December 20.

More than 180 firearms handed in during surrender

More than 180 firearms were handed in to Essex Police during a two-week firearm surrender.

The surrender, which ran between November 13 and November 26, encouraged anyone with an unwanted or unlicensed firearm to hand it in to ensure it didn't get into the wrong hands.

Firearms or ammunition could be handed in to one of eight police stations around the county.

In total, 184 firearms were handed in and around 9,000 rounds of ammunition were given.

The firearms included 69 real guns, 64 imitation guns, 50 air weapons and one stun gun.

Once the items were handed in, tests took place to find out about their history to identify whether or not they had previously been used in crime.

Detective Chief Superintendent Rob Fordham said: "Firearms can ruin lives and I'm really pleased we've had so many handed in to us.

"One gun handed in to us is one fewer that could get into the hands of criminals, but to have more than 180 is a fantastic result.

"Whether they be real or imitation firearms, they cause fear and concern and are used by criminals to threaten, harm and kill.

"I think the response we've had indicates people in Essex feel as strongly about preventing firearms from falling into the wrong hands as we do and I want to thank them for their support to make Essex an even safer place.

"We take crimes involving firearms very seriously and I would urge you to contact us on 101 or Crimestoppers anonymously on 0800 555 111 if you have any information about someone having or using an illegally held firearm."



Photo credit: Essex Police





Photo credit: Havering Council

Local businesses and individuals among Havering Business Award finalists

The finalists for the Havering Business Awards 2017 have been announced, and Hornchurch businesses and residents are among the finalists.

The council received more than 60 awards with entries judged by a panel that included sponsors Ardleigh Green, Segro, Haines Watts and Time FM and local businesses including Neopost and senior council staff.

Katie Newman from the Havering Beauty Academy, in Hornchurch, is among the lucky finalists. She is a finalist in the Business Person of the Year award.

Pandora Images Ltd, Hornchurch, are finalists in

the Best Customer Service category.

Steve Moore, director of neighbourhoods at Havering Council, was part of the judging panel and said: "Judging this year's awards was tough. Every entry was of a very high standard and each one was unique which made the decision harder. I'm very proud of the quality of businesses that we have in this borough and these awards give them the true recognition that they deserve."

The awards will take place at CEME Conference Centre on Thursday, February 8, 2018 where Havering Business of the Year will be announced.

Concert raises over £2,000 for charity

Pinney Talfourd Solicitors teamed up with Queen's Theatre Hornchurch and Dawn Chorus for a concert and raised more than £2,000 for charity.

On December 8, the annual charity Christmas carol concert Christmas at the Queen's was held in aid of SNAP (Special Needs and Parents).

Local choir Dawn Chorus, led by Paul Rhodes, pleased the crowd with a series of Christmas songs before enjoying tea and mince pies with the Mayor of Havering.

During the event, the Year 5 and 6 choir of

Benhurst Primary School joined in, belting several songs which got the audience on their feet.

The event was free, but the charity raffle and generous donations from members of the community raised £2,284.32 for SNAP.

Local businesses supported the event by donating prizes including champagne, restaurant vouchers and even two tickets to see Mariah Carey in concert.

Posting on their website, Queen's Theatre wrote: "Thank you as always to the Queen's Theatre Club volunteers who helped to serve refreshments."

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LOCAL NEWS



Virtual reality brings students' work to life

A high-tech virtual reality experience was on offer for students to try at Havering Sixth Form College, in Hornchurch, on December 6.

The experience was run by the science and engineering course staff and students.

Using a special headset and hand controllers, students were able to immerse themselves in another world where they could teleport themselves from one point to another and pick up items from a shelf to examine.

The experience was devised by the college's STEM technician Chris Oliver. He set up a toom in virtual reality and placed the engineering students' work on a shelf.

The students were then able to pick up and inspect the projects they had created on a computer and see them in 3D through the virtual reality headsets.

Curtis said: "Virtual reality education of this kind is so useful for students because it enabled them to see their work and view their prototypes in real space and then make adjustments if needed before creating and printing them on our 3D printers.

"It was also used by science students who were able to examine the structure of DNA models using a real protein data bank. This is the latest in technology and it will be used more and more in education in the future."

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VISION

A moving ceremony for four former colleagues



Photo credit: BHR University Hospitals NHS Trust

A special ceremony was held in the Lavender Garden at Queen's Hospital, which serves Hornchurch, to dedicate memorial stones in memory of former colleagues who had passed away.

Short readings were given about each of their four staff members, with family, friends and colleagues invited to attend.

One of the stones was dedicated to Lauren Corver, who worked in the medical admin team for more than 25 years.

Alongside her colleagues, her family including dad Derek, brother Carl and sister Michelle Constable, attended the ceremony.

Derek, 88, said: "She was completely dedicated to the hospital and made so many friends so it's nice that she'll be remembered here.

"I'm a very proud father. She was a very devoted girl and so many people thought so much of her, we all did, and it's nice to know that and see it here today."

The other stones were dedicated to:

Sue Breen-Bloom, a nurse who worked at the Trust for 20 years; Ken Jones, a porter of 15 years at the Trust; and John Couch. While he didn't work for the Trust, John's stone was laid as a thank you to his widow Yvonne, a volunteer who helps to maintain the hospital's Lavender Garden, as a place of solace and tranquillity for patients and staff alike.

All stones were dedicated following a donation to our charity, the King George and Queen's Hospitals Charity.

Baker fined for bad food hygiene

The owner of a bakery in Romford has been prosecuted by Havering Council for breaching food hygiene rules.

Mr Vipin Patel, owner of Evans Bakery, in Dagenham Road, pleaded guilty to six food safety offences.

The most serious offence was storing ham three days past its 'use by' date in a fridge.

Other offences included dirty fittings, damaged walls, a leaky pipe and no hygienic means of hand drying at the hand wash basins, one of which also had no soap.

The prosecution followed previous warning issued to Mr Patel for similar failures.

He was ordered to pay £1,980 plus costs totalling £4,200.

Councillor Roger Ramsey, leader of Havering Council, has encouraged all places handling food to sign up to the food hygiene rating system to ensure they can retain high food standards.

He said: "We are committed to holding our food premises to account and when regulations are breached, with such disregard for the health and safety of residents, we will do everything in our power to prosecute.

"It's important food businesses in Havering act responsibly and within the food hygiene regulations.

"I would encourage all premises to sign up to our food hygiene rating system to ensure they maintain high standards."

The images below were taken at Evans Bakery showing the unhygienic state of the bakery.

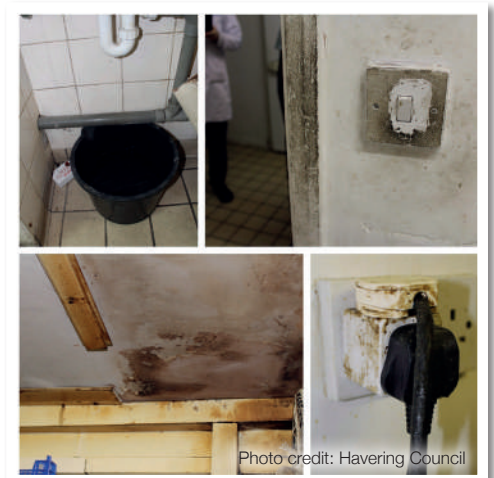


Photo credit: Havering Council



Become a community flood warden

Hornchurch residents are being asked if they would be willing to become flood wardens to help prevent severe flooding in the borough.

The flood warden scheme will allow Havering Council to stay on top of any flood risks as flood wardens' duties include monitoring local areas that are at risk of flooding and reporting this to the council.

Flood wardens are also encouraged to check the flood storage and critical drainage areas in their local community and share any information by taking photos of what they think might be a risk.

Councillor Osman Dervish, cabinet member for environment, said: "This is a crucial scheme and we have set this up as part of our forward plan to

tackle any major flooding in the borough. Council staff monitor the areas surrounding the River Rom regularly, but having extra eyes and ears will make a huge difference.

"When volunteering as a flood warden, we do not expect anyone to put themselves or anyone else, in a situation where anyone's personal safety is at risk. If you feel it is an emergency always contact the emergency services or our emergency planning team."

To become a voluntary flood warden please email the emergency planning team at EmergencyPlans@haverling.gov.uk or write to: Emergency Planning and Business Continuity Service, 5th Floor Mercury House, Mercury Gardens, Romford, RM1 3RL.

Robot surgeons conduct first operation on woman

A woman from Hornchurch was the first to be treated by robot surgeons.

Chrissie Lefranc, 68, had a cyst removed from her lung at the end of November at St Bartholomew's Hospital.

The new robots mean that more patients will be treated with minimally invasive surgery, an operation performed using small incisions instead of one large cut.

Previously the procedure would have been too risky for many patients, such as those with multiple conditions.

Using the robot means that many more people will now benefit from surgery as they lose less blood, have faster recovery with less pain and can go home more quickly.

Chrissie said: "The team at St Bartholomew's have been wonderful, I'm so grateful to them and the robot.

"The cyst could have turned cancerous or leaked putting my life in danger - I was literally living with a time bomb.

"It's such a relief to not worry. I'm breathing better and deeper."

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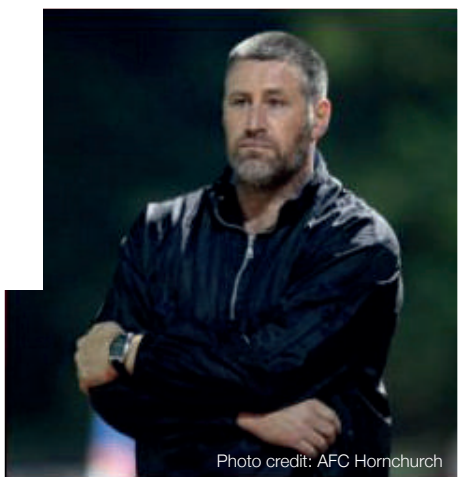


Photo credit: AFC Hornchurch

Goalkeeper Sam Mott now holds the record number of clean sheets for AFC Hornchurch following a 1-0 win against Ware recently. He beat the previous record of 66 held by Gary Harrold. In the 2014/15 season he had 14 clean sheets. The 2015/16 and 2016/17 have been Sam's best to date with 22 clean sheets. Sam has started in goal for every game he has played in, which is credit to his talent and ability. At the time of writing, Sam had nine for the 2017/18 season. Sam will now hope to keep gaining clean sheets to retain the title for as long as possible. Posting about the news on the AFC Hornchurch website, the club wrote: "Well done Sam."

Purcell joins the 200 club



Photo credit: AFC Hornchurch

AFC Hornchurch's George Purcell made his 200th appearance for the club during the triumphant 6-0 win against Mildenhall Town. Purcell scored one and provided the assist for three of the other goals. Purcell signed from Margate making his first debut for Hornchurch against Lewes at the start of the 2013/2014 campaign. He finished as top scorer at the end of that season and repeated the feat in the next two seasons scoring over 100 goals in those three seasons. Purcell has scored an incredible 116 goals from his 200 appearances, where he was chosen to start in 178 of those games. Posting on the website, AFC Hornchurch wrote: "Well done George."

Player claims club record for clean sheets



Photo credit: AFC Hornchurch

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Hornchurch homecare team receives positive CQC rating



The Hornchurch branch of Manorcourt Homecare, which provides a range of care-at-home services to people in and around the Hornchurch area, is delighted to have received a rating of 'good' from the Care Quality Commission (CQC) for the quality of service it provides.

The branch, which trades as John Stanley Care, provides personal care to over 170 people in the London borough of Havering, as well as managing a live-in service for people living in Essex.

Inspectors visited the team and spent time speaking with staff and customers, reviewing the records of people using the service, staff recruitment and training processes and quality monitoring records.

The report shares the comments of one service user who said "To have 24-hour constant, stable care (that John Stanley are able to provide) within the realms of variable, inconsistent disabilities, has made an uncertain future more



positive. Having been assisted with a trained live-in carer, I am now in a better position to be able to (tentatively) go out into the community: unthinkable a year ago."

Branch Manager Lisa McDonald said: "As a service, we are in a position of real privilege and trust, being asked into people's homes to provide them with a range of personal care services. It's essential that we build this trust, by promoting dignity and respect, and ultimately making life at home as easy and comfortable as possible for our customers."

The care-at-home provider attributes much of its success to its

team, as Lisa continues: "I am very proud of my team and thank them all for their hard work, kindness and loyalty. We often receive many positive comments and thanks for the care we provide and this is extremely satisfying for the whole team."

Should you be interested in finding out more about the care packages available or would be interested in a career with the team, please call 01708 472911 or email homecare@manorcourtcare.co.uk.

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How does your garden grow?

Green-fingered? Here are the gardening blogs you need to know about.

The Patient Gardener - patientgardener.wordpress.com

For those who have a long-running fascination with their garden, this blog is run by Helen Johnstone, a self-confessed 'plant obsessive'. Offering an insight into Helen's own horticultural paradise ('patience' cultivates an almost otherworldly garden, it seems), the blog documents the month-to-month progress of the plants, the festivals Helen attends, along with gorgeous snaps of nature and general gardening advice. A great all-rounder.

The Middle-sized Garden - themiddlesizedgarden.co.uk

Alexandra Campbell – creator of The Middle-sized Garden – is a novelist and journalist by trade, so it should come as no surprise that each post is beautifully written. Fortunately, none of the practical aspects of gardening are lost, as Alexandra does her best to solve the conundrum of 'the middle-sized garden' which requires 'more manure, plants and hands-on help' than a tiny courtyard garden. Informative, captivating and with an emphasis on money-saving tips and environmental conscientiousness, this blog is a joy to read.

The Compost Bin - the-compostbin.com

The 'Compostwoman' lives with her family in rural Herefordshire and has an enviable four acres of garden and woodland which is populated with veg plots, chickens and all manner of other wildlife. A thorough and informative blog, The Compost Bin covers everything from composting (obviously) and veg-growing to chicken-keeping, cooking, preserving and sustainable living.

Urban Veg Patch - urbanvegpatch.blogspot.co.uk

Ideal for anyone who lives in a built-up area and dreams of nurturing their own veg, albeit on a very small plot of land, Urban Veg Patch was founded by Caro Shives, who helped develop the gardens of the flats where she lives in North London, turning them from a barren wasteland into a self-sufficient space with mini orchard and children's plot. Truly inspirational.

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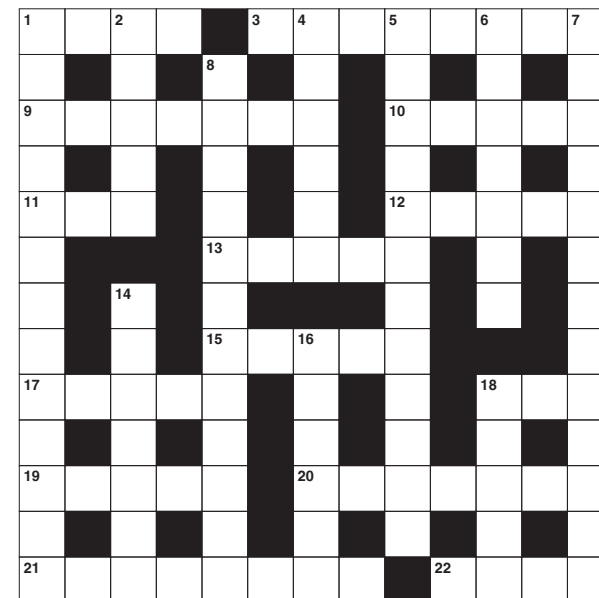
PUZZLES & TRIVIA

ACROSS

1. Canines (4)
3. Where one finds Glasgow (8)
9. Swindles (7)
10. Uniform jacket (5)
11. Herb; regret (3)
12. Discover (5)
13. Decay (5)
15. A Fish Called ____ : film (5)
17. Tree of the birch family (5)
18. 22nd Greek letter (3)
19. Maladroit (5)
20. Tropical disease (7)
21. Channels of the nose (8)
22. Run away (4)

DOWN

1. Removal of trees from an area (13)
2. Diving waterbird (5)
4. Building for gambling (6)
5. Casual chatter (6-6)
6. Plants that live a year or less (7)
7. Remove dangerous substances from (13)
8. Creator of film scripts (12)
14. Restores honour (7)
16. Standard; usual (6)
18. Servant in a royal household (5)



DID YOU KNOW

- ▶ August had the highest percentage of births
- ▶ November is the only month used to represent a letter in the phonetic alphabet.
- ▶ Months that start on a Sunday will always have a Friday 13th
- ▶ Rio de Janeiro translates to river of January.
- ▶ In the original Roman calendar, October was the eighth month, hence 'octo' meaning eight
- ▶ Even though October has 31 days, it is the longest month of the year due to the clocks going back one hour

SUDOKU

			2			9		5
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SWAP & Save

Think you can't survive without your daily café-bought latte? What may seem like a few quid a day actually adds up, and this innocent treat could be stopping you from buying something you really covet in the long run. Here's how and why you should consider cutting back...

Coffee has never been so popular. From ubiquitous green mermaids on the High Street, to artisan Antipodean beaneries in the hipster parts of town, everyone is (literally) full of beans. But at around £3 a cup, coffee is not just powering up your day, its powering the economy, and what may seem like a small amount is actually a hefty wodge of your wage over time.

STOP SLURPING, START SAVING...

Here's what cutting back on the beans could afford you:

1 week...£14

Pizza or pasta main course and glass of wine/beer in a restaurant

1 month...£60.90

Pod coffee machine

3 months...£182.70

Espresso machine

6 months...£365.40

European weekend break

1 year...£730.80

One-week all-inclusive European Holiday

5 years...£3,654

Second-hand car

20 years...£14,616

Nice pot for a 'rainy day'

(based on £2.80 average for medium latte)

Whilst there are many variables on how much you might actually save, the bottom line here is value for money and if your daily dose of the black stuff is worth the half-hour of pleasure you get from it. Buying coffee every single day is a habit. To slow down that addiction, try telling yourself that a bought coffee is a treat item.

For some, life without coffee may be too much, so here are some tips for recreating that coffee shop buzz:

☞ Invest in a good coffee machine at home – pods are good, fresh beans are better

☞ Put your home brew in a posh portable cup for on-the-go sipping

☞ Buy a one-cup dripper or AeroPress for quality coffee at work

Recreate sweet treats by buying big bottles of your favourite syrups and creamers.

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Speed

Demons

The Land Speed Record is one of the oldest accolades – but how much do you know about the brave drivers who sought to go faster than anyone before them? Andy Green, the current record holder, speaks to **VISION**...

In 1898, French engineer Eugène Brillié and his business partner Gustave Gobron founded a car company which created the Gobron-Brillié. Six years later, Louis Rigolly became famous for being the first man to go beyond the speed of 100mph – 103.56mph to be exact – at Chatillon-sur-Seine in France. Rigolly must have considered his automotive accomplishment to be insurmountable; the Frenchman was the first of many daring drivers to put their lives at risk in the pursuit of speed.

During the next decade, Rigolly's record was smashed seven times. From Henry Segrave attaining 200mph with the Sunbeam 1000HP in 1927, to renowned speed junkie Sir Malcolm Campbell's famous 300mph run with the Blue Bird in 1935. In 1965, another impossible dream was made real when Craig Breedlove took to the Bonneville Salt Flats in American Spirit and went at the speed of sound in a land vehicle for the very first time.

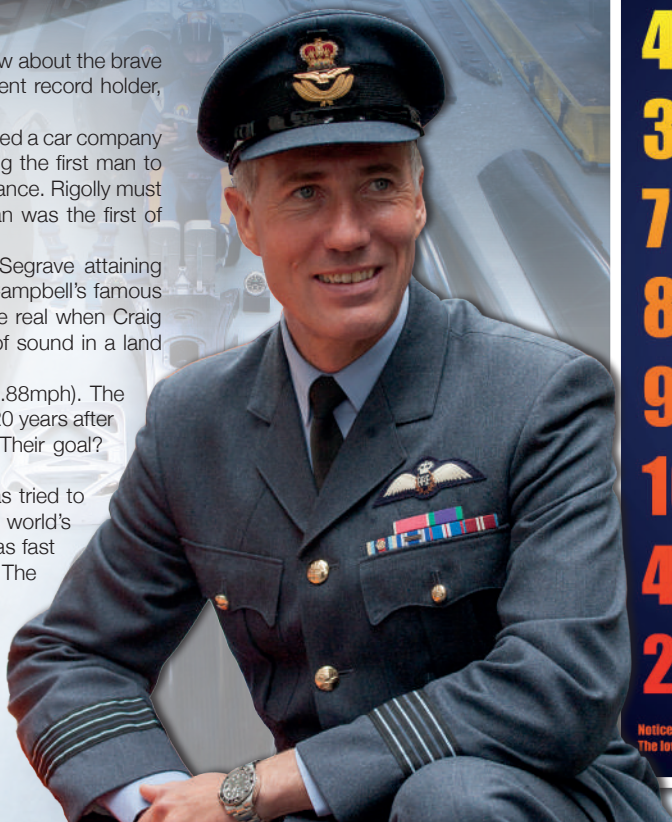
In 1997, Andy Green teamed up with his predecessor Richard Noble (Thrust 2, 650.88mph). The resulting vehicle, Thrust SSC, was the first to exceed the speed of sound on land. Now, 20 years after this momentous motoring marvel, Green and Noble are back with Bloodhound SSC. Their goal? 1,000mph.

"We've solved problems that no one has even addressed before because nobody has tried to build a car doing 1,000mph at ground level," Green says. "To put into perspective, the world's fastest jet fighters max out at about 900mph at ground level in thick air. They go twice as fast up in thin air at 50,000ft, but we're aiming to build a car that is faster than any jet fighter. The task is that ambitious."

Green is looking to become the first man in history to break his own land speed record.

"In the Bloodhound, I'm accelerating at 2G and slowing down at 3G, that's 60mph per second," the 55-year-old explains. "So it's equivalent to driving at 60mph and completely stopping in one second; that's how quickly the car will slow down."

Bloodhound SSC is operational, but Green is already looking to the next generation of speed demons.



BLOODHOUND SSC

SPEED COMPARISONS OF THE FASTEST THINGS IN THE WORLD

28_{mph}



USAIN BOLT

The maximum speed USAIN BOLT reached when he set his 100m record of 9.58 seconds in 2009

48_{mph}



SIR CHRIS HOY

11 time world champion SIR CHRIS HOY can reach speeds of over 48mph using pedal power alone!

317_{mph}



SPRIT of AUSTRALIA

KEN WARBY built his jet-powered boat in his back yard in Sydney. His record has stood since 1978!

763_{mph}



THRUST SSC

In 1997 ANDY GREEN became the first and only person to drive a car faster than the speed of sound!

833_{mph}



FELIX BAUMGARTNER

FELIX BAUMGARTNER had to jump from a height of 38,969 metres to reach these very high speeds!

988_{mph}



RED BARON

The low altitude record is held by DARRYL GREENAMYER in his F104 - which he built out of scrap parts!

1050_{mph}



BLOODHOUND

At peak speed BLOODHOUND SSC will be faster than a bullet from a .357 Magnum!

4510_{mph}



NASA X-15

The rocket powered X-15 flew so high that two flights counted as space flights!

24790_{mph}



SATURN V

SATURN V 160 times more powerful than BLOODHOUND SSC - generating 21.6 million Thrust HP at launch!

Notice how most of the really fast things achieve their speeds very high up where there is little or no air resistance (drag). The lower you get, the more dense the air becomes. At top speed Bloodhound could experience almost 20 tonnes of drag!

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SPORTING CALENDAR

Football fanatic, or just a total tennis-head? Don't miss an ace, goal or hole in one with this handy guide to what's what in the sporting world of 2018...

FEB

4th: Super Bowl LII, Bank Stadium

The 52nd Super Bowl will take place in Minneapolis. The New England Patriots are the current defending champions, and Justin Timberlake will be returning to the stage for the coveted half-time show slot – 14 years after his appearance with Janet Jackson featured an unfortunate wardrobe malfunction.



APR

5th-8th: The Masters, Augusta

Last year's champ, Sergio Garcia, is expected to feature, along with England's most recent victor, Danny Willett, and four-time winner Tiger Woods.

14th: Grand National, Aintree

The Grand National will hit Aintree in early April in a thunder of hooves and a menagerie of fascinating hats. Last year, 14/1 outsider One For Arthur grabbed the title – and a good chunk of the £1million pot that makes this race the most lucrative in the sport.



JUN

14th-July 15th: FIFA World Cup, Russia

Yes, England are through and will be hoping for a strong start to manager Gareth Southgate's international competitive debut. But the Three Lions will need to be at the very top of their game if 2018 is finally going to be the year that football comes home, with Spain and France looking strong and holders Germany hoping to emulate Pele's Brazil with consecutive wins.



JUL

2nd-15th: Wimbledon, London

Reigning champion Roger Federer will be aiming to add to his record of eight victories at the All England Tennis Club, while newly-knighted Andy Murray will be hoping to give the home fans something to cheer about. In the women's matches, new mother Serena Williams may well return – looking to continue her almost superhuman domination of the sport.

7th-29th: Tour de France

Brit Chris Froome will be hoping to keep hold of cycling's coveted Yellow Jersey this year – but there'll be stiff competition in the 21-stage race which, at 3,329km, will be the shortest route of the 21st century.



SEP

28th-30th: Ryder Cup, Le Golf National

The biggest names in transatlantic golf will be heading to France this year for the chance to get their hands on those famous green jackets. The United States are the current defending champion, but last won in Europe in 1993.

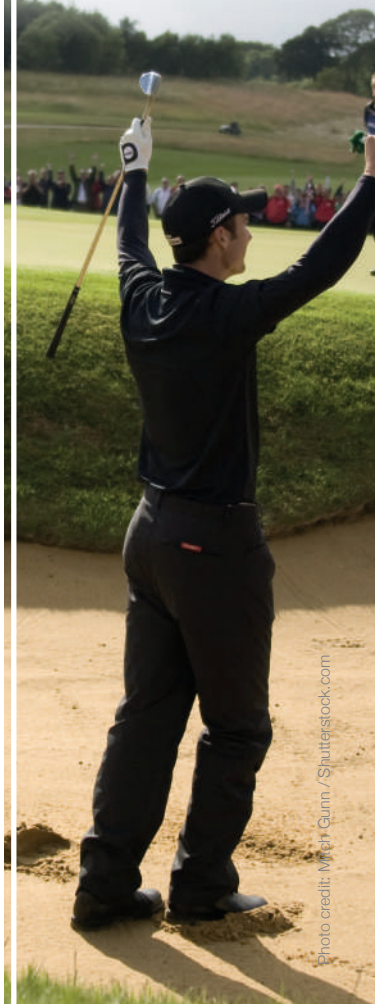


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It's never been easier to keep fit without ever entering the tortuous territory of the gym, and these apps show that to achieve peak physique all you really need is some motivation and a smartphone.

IMUSCLE

While you may not possess the necessary anatomical insight to know what your muscles are up to when you work out, iMuscle does. Allowing you to choose which specific muscles you want to train and tone from a detailed diagram, this app not only suggests relevant exercises, but also provides an in-depth animation of the muscles at work, so you know how to get the most out of your workout.

STRAVA CYCLING

A GPS with a twist, Strava Cycling measures your speed, distance and elevation as you cycle to give you a full overview of how your training is progressing. Furthermore, this app can sync with other users, allowing you to discover the best

nearby trails and even pit yourself against fellow cyclists who have ridden the same routes.

POCKET YOGA

As you'll no doubt have been told by one of your more flexible friends, yoga is a great way of relaxing your mind, body and soul. But if the thought of stretching in front of a room full of sweating yogis fills you with dread, Pocket Yoga – with its audio and visual guidance and catalogue of 27 separate routines – can help you enjoy the benefits of yoga in the comfort of your own home. Namaste.

CHARITY MILES

The upshot of exercise for the majority of people is eventual self-improvement, but this app gives a little back to the community while you're in the process of re-imagining your own self. Charity Miles has partnered with a host of major companies, allowing you to choose from over 40 charities to support while you run. The more miles you go, the more money is donated to your chosen charitable project.

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WHAT'S ON

WHAT'S ON

in your area

Talon
The Queen's Theatre, Billet Lane,
Hornchurch, RM11 1QT
January 11 – January 12



"Talon perform with reverence and super talent" – Jack Tempchin – Eagles hit songwriter

Over the last two decades Talon has become one of the most successful theatre touring shows in the UK. This special celebration will feature all those classic Eagles greatest hits from their timeless back catalogue. Tickets sell fast for this world-class multi award-winning band so don't *Take It To The Limit*.

Introduction to the birds and other wildlife of the Ingrebourne Valley
Ingrebourne Valley Visitors Centre,
Hornchurch Country Park, Squadrons
Approach, Hornchurch, RM12 6TS
January 13, 10am – 12pm



Join local naturalist Dave McGough on a walk around Hornchurch Country Park and the surrounding living landscape to experience the fantastic array of wildlife that the valley holds. Suitable for beginners. Binoculars and scopes will be available to use. Meet at the visitor centre. Every second Saturday of the month.

Music For A Winters Night: Solovey Duo
Fairkytes Arts Centre, 51-53 Billet Lane,
Hornchurch, RM11 1AX
January 19, 7.30pm

In association with the Royal College of Music, Fairkytes Live presents the Solovey Duo, bringing a Russian flavour to the third concert in this season's Music For a Winter's Night.

Renate Sokolovska is a sought-after London-based flautist with a wealth of diverse experience, ranging from Royal Festival Hall and Purcell Room solo recitals, to working with London Sinfonietta, the Orchestra of Age of Enlightenment and performing at Glastonbury with experimental music ensemble Floating Points.

Valeria Kurbatova is an award-winning harpist and graduate of the Royal College of Music and has played to audiences ranging from Prince Charles to the Rolling Stones. Valeria has performed at many of the major concert halls and palaces such as Royal Albert Hall, Cadogan Hall, the Kremlin, Kensington Palace, The Houses of Parliament, V&A Museum and many more.

Wooden aeroplanes
Ingrebourne Valley Visitors Centre,
Hornchurch Country Park, Squadrons
Approach, Hornchurch, RM12 6TS
January 20, 10am – 12.30pm

Come along to Ingrebourne Valley and make your very own wooden aeroplane.

Suitable for ages 5+. A £6 donation in advance per child. Booking essential.

Chinese New Year Extravaganza
The Queen's Theatre, Billet Lane, Hornchurch,
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February 3, 2.30pm and 6.30pm

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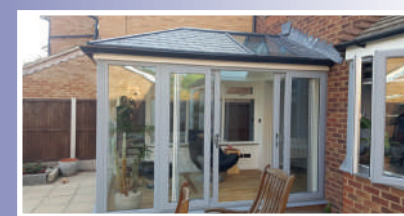


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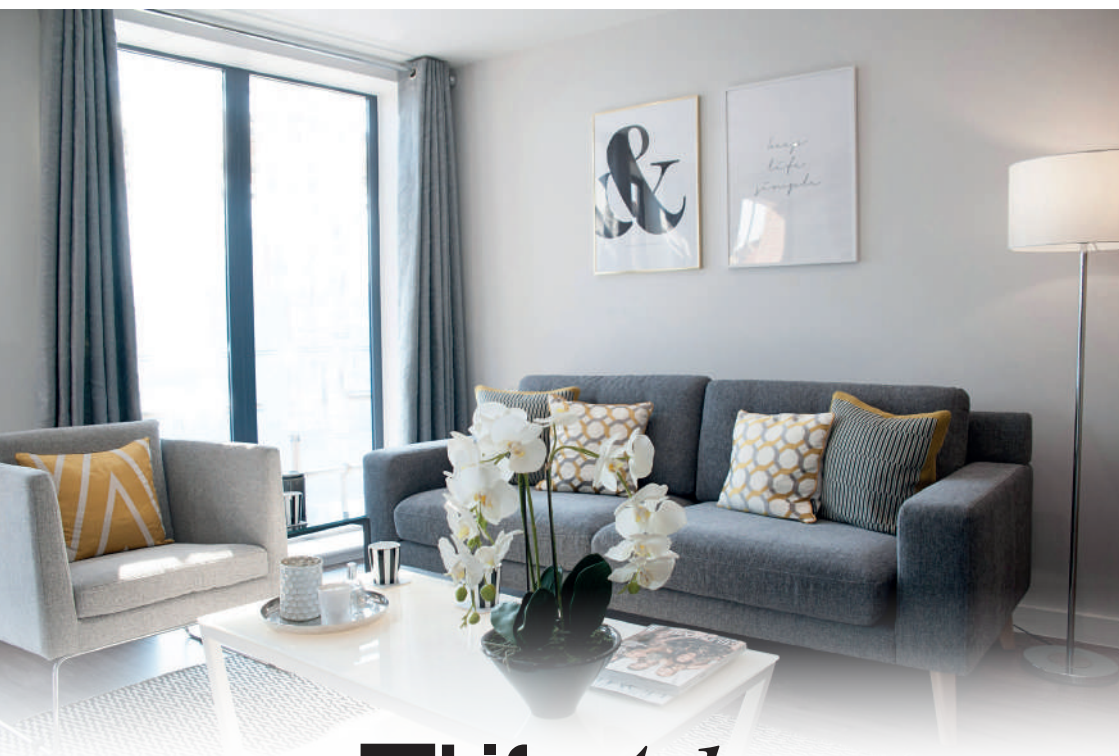
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